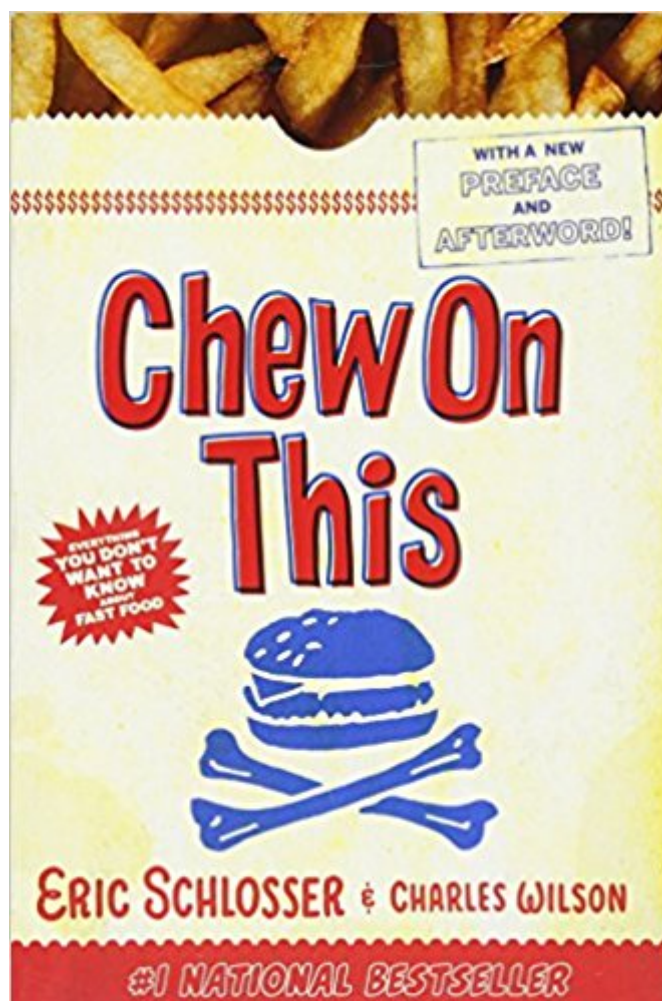


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# Chew On This: Everything You Don't Want To Know About Fast Food



## Synopsis

Kids love fast food. And the fast food industry definitely loves kids. It couldn't survive without them. Did you know that the biggest toy company in the world is McDonald's? It's true. In fact, one out of every three toys given to a child in the United States each year is from a fast food restaurant. Not only has fast food reached into the toy industry, it's moving into our schools. One out of every five public schools in the United States now serves brand name fast food. But do kids know what they're eating? Where do fast food hamburgers come from? And what makes those fries taste so good? When Eric Schlosser's best-selling book, *Fast Food Nation*, was published for adults in 2001, many called for his groundbreaking insight to be shared with young people. Now Schlosser, along with co-writer Charles Wilson, has investigated the subject further, uncovering new facts children need to know. In *Chew On This*, they share with kids the fascinating and sometimes frightening truth about what lurks between those sesame seed buns, what a chicken nugget really is, and how the fast food industry has been feeding off children for generations. Featuring cover art by M. Wartella.

## Book Information

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Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Grade 7 Up An important addition to most libraries. Useful for health classes and nutrition units, it will also be an eye-opener for general readers who regularly indulge at the Golden Arches. An adaptation of Schlosser's *Fast Food Nation* (Houghton, 2001), *Chew on This* covers the history of

the fast-food industry and delves into the agribusiness and animal husbandry methods that support it. From the 37-day life of the pre-McNugget chicken to the appallingly inhumane conditions of slaughterhouses and meatpacking plants, the author lays out the gruesome details behind the tasty burgers and sandwiches. Equally disturbing is his revelation of the way that the fast-food giants have studied childhood behavior and geared their commercials and free toy inclusions to hook the youngest consumers. The text is written in a lively, lay-out-the-facts manner. Occasional photographs add bits of visual interest, but the emphasis here is on the truth about soda pop and obesity, fries and lies. Schlosser is a crusader writing with an obviously strong purpose. While at times veering toward the inflammatory edge, he backs up and documents all of his points, ensuring that his insights will incite. Those seeking a book to balance this one should consider Tracy Brown Collins's *Fast Food* (Gale, 2004), a collection of 10 essays representing varied opinions about different aspects of this industry. Joyce Adams Burner, Hillcrest Library, Prairie Village, KS  
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*\*Starred Review\** Gr. 6-9. Including passages from Schlosser's best-selling adult book *Fast Food Nation* (2001) and other writings, the authors dish up a somewhat-less-stomach-churning look at the fast-food industry's growth, practices, and effects on public health. Folding in original interviews, recent statistics, and published research, along with such spicy taglines as "The Golden Arches are now more widely recognized than the Christian cross," they trace the hamburger's early years and the evolution of the McDonald's Corporation's revolutionary Speedee Service System. They follow with vivid tours through feedlots, abattoirs, and a chicken-processing plant to explore how fast food has achieved spectacular international success, particularly among an increasingly obese youth market, then round off with glimpses of Alice Waters' Edible Schoolyard initiative and other alternatives less likely to lead to gastric bypass surgery. Readers may not lose their appetites for McFood from this compelling study, but they will definitely come away less eager to get a McJob and more aware of the diet's attendant McMedical problems. Extensive endnotes, occasional photos. John Peters  
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I read *Fast Food Nation* when it came out in 2001 and it totally changed my eating habits. Though I was never a big consumer of fast food in the first place, it was an eye opening account of the industry. Outside of the rare occasion when a McDonalds was the only choice, I've managed to

avoid most fast food joints in the past 15 yrs since reading the book. Now that I have kids, I have tried to educate them on making healthy choices when it comes to eating. I don't prohibit them from eating fast food, but I feel that that should be informed about what goes on behind the scenes in the fast food industry with regards to the quality of the food, the working conditions of the employees, and the marketing. I bought Chew On This for my kids to read when they're ready. I read it as well, and although I don't think it's on par with Fast Food Nation, it offers good insights for younger readers. My oldest son, who is 11, read it in two days, and he enjoyed it as well as being grossed out by some of the stories. A book is no substitute for a discussion with your kids about healthy eating, but I do recommend this book in helping to start that discussion.

You will be much more aware of the influence-as well as the nasty stuff- the fast-food chains pass off as edible. Considering the poor nutrition of this (TRULY) junk food passed off to the public, it's no wonder diabetes and obesity are such big issues. We treat food like it doesn't impact our health in the U.S.A. We have passed on this myth to other countries, too. Any place we sell this stuff, the people are negatively impacted. I haven't eaten in a fast food place or drank soda in years. It always made me feel sick afterward. Now I know why.

Required reading for school, but my daughter ended up sharing it with the family. She actually read the entire book. We (grown ups) watched the film- and I advise anyone to pre-view the film (posted on the book), it is NOT family viewing. Right old shock, that was... We were definitely not expecting that the film is well different than this book. However, this book IS for young readers, and it is informative and easy to read. My daughter learned a lot about processed food, and it was nice that she no longer needs to wonder why we do not let her eat the rubbish and highly processed "food" here. Brought her around to the side of eating well and why it matters.

This book was a well needed slap in the face. I enjoy picking up a burger and fries from my local fast food restaurant, but hadn't thought about (or hadn't wanted to think about) what goes into making that happen. I was blissfully ignorant about what goes into making the food, and assumed the workers were high school kids earning money for things they wanted - not people who're working there to survive. The information about the food production was particularly disturbing, so this is something I needed to read. I was surprised that the actual book ended at approximately 65% on my Kindle (sorry, I don't know the equivalent page number): the remainder was credits and reference material which may or may not be of interest to readers.

might be healthier than going to fast food joints! Absolutely FANTastic book. This should be required reading for every school child in America. It's a quick and easy read. In addition to the fascinating depiction of despicable food corporations and their money-hungry power, there are real stories about young people who have tried to make changes in their school or work place. Schlosser details the beyond-wretched conditions in slaughterhouses. Those chapters are VERY difficult to read. What would ever cause people to give up their addictions to fast food? Reading this book might make us all - at least consider toning down the urge to eat a McRib or McShake. Significant book for sure...

My son was in the 4th grade when he read this book. I started reading it and couldn't put it down. This is my second time reading this book as the original paperback became worn and tattered. Now with the Kindle version I will have it forever. Very informative and a must read for the health conscious.

I only gave this book three stars because the real story is only about 55% of the book itself. The story is okay because it provides a lot of details and expands the information. However, the name of the book is "everything you don't want to know about fast food" and Mr. Schlosser did not tell what some foods were made of. For example, if you order chicken nuggets from a fast food chain, they say that it is made with real chicken. They aren't lying but they don't tell you what part of the chicken it came from. I would love to know about that and think that info matches the title more

As food becomes more and more processed by big corporate dictates with an aim for more and more profits, we find that real food is too expensive to sell to consumers. It is cheaper to use fillers like corn, wheat, sugar, water and then add artificial flavors and textures to make it look and taste like the real food it is substituting. People do not read the ingredients on packaging, if they did they would see that most of the ingredients are chemicals far away from what is naturally grown or produced from nature. Additives also can be used, like processed sugar substitutes (high fructose corn syrup), to make you more addicted to the product, making you eat more and gain more weight. Makes me more diligent in reading the ingredients and if I can't recognize it, I should not buy it.

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